

# Bro Split

## Introduction

Welcome to the Bro Split Guide, a comprehensive resource designed to help you understand and implement the popular Bro Split training method. Whether you're a beginner starting your fitness journey or an experienced lifter looking to switch up your routine, this guide will provide you with the necessary information to effectively incorporate the Bro Split into your training regimen.

The Bro Split is a workout split that involves training different muscle groups on separate days throughout the week. It is a favorite among bodybuilders and fitness enthusiasts who want to focus on specific muscle groups and achieve a well-rounded physique. In this guide, we will break down the Bro Split into its core components, ensuring that you have a clear understanding of how it works and how to make the most of it.

## Why choose Bro Split over others?

- **Targeted Muscle Focus:** The Bro Split allows you to dedicate individual workout sessions to specific muscle groups. This focused approach enables you to prioritize certain areas and concentrate your efforts on building strength and muscle mass in those targeted muscle groups.
- **Intensity and Volume:** With the Bro Split, you have the opportunity to perform a high volume of exercises and sets for each muscle group. This increased workload can lead to greater muscle hypertrophy and strength gains over time.
- **Customization and Variation:** The Bro Split provides flexibility in terms of exercise selection and customization. You can tailor your workouts to include exercises,

variations, and techniques that suit your preferences and goals. This customization keeps your workouts interesting and helps prevent boredom and plateaus.

- **Recovery and Growth:** By dedicating separate days to each muscle group, the Bro Split allows for ample rest and recovery time. This is crucial for muscle repair and growth. Additionally, it helps prevent overtraining and reduces the risk of injuries.
- **Mind-Muscle Connection:** Since each workout session focuses on specific muscle groups, you can develop a stronger mind-muscle connection. This connection enhances your ability to engage and activate the targeted muscles during exercises, leading to more effective training and better results.

## **Warmups**

Before we look at exactly how you should warm-up, it's important to consider what the warm-up portion of your training session serves to accomplish. Warming up should function to increase your core body temperature, which improves performance. Your circadian rhythm also helps determine your core body temperature at any given point in time. When you wake up, your core body temperature is at its lowest, and it increases throughout the day. There seems to be a "sweet spot" for core body temperature, so doing 5-10 minutes of low-moderate intensity cardio is especially prudent if you exercise early in the morning .

Secondly, warm-ups serve as a way to increase muscle activation. Doing dynamic warm-ups (exercises and drills which take you through a range of motion) can improve performance and force output. Don't view your warm-up as just "going through the motions." The goal is to always be very mindful about the muscles you are contracting and the bodily movements you're doing. A proper and complete warm up helps strengthen this mindfulness.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) . Brief foam rolling with a specific focus on "tight areas" before a session

can improve range of motion and prevent injury. Light foam rolling for 2-3 minutes prior to lifting is recommended.

Before beginning with your working weight for the first exercise for each bodypart, perform a basic loading pyramid where you pyramid up in weight with 1-3 light sets, getting progressively heavier until you reach your working weight for that exercises

EXERCISE	SETS	REPS/TIME	Notes
LOW INTENSITY CARDIO	N/A	5-10MIN	PICK ANY MACHINE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3MIN	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONALLY USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, HAMSTRINGS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
CABLE INTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP

# BRO SPLIT

It usually involves splitting the workouts as follows

- Monday - Chest
- Tuesday - Triceps
- Wednesday - Back
- Thursday - Biceps
- Friday - Shoulder & Core
- Saturday - Legs

## - Chest Day

EXERCISE	SETS	Reps/Duration	Rest
Pushups	3	8-10	1-2 Mins
Bench Press	3	8-10	3-4 Min
Incline Dumbbell Press	3	10-15	3-4 Min
Dumbbell Flyes/Pec Deck Flyes	3	10-15	2-3 Min
Cable Crossovers	3	10-15	1-2 Min

## - Tricep Day

EXERCISE	SETS	Reps/Duration	Rest
Close-Grip Barbell Bench Press	3	8-12	2-3 Min
Tricep Dips	3	10-15	1-2 Min

Skull Crushers	3	10-15	1-2 Min
Tricep Pushdown	3	10-15	1-2 Min
Overhead Tricep Extension	3	10-15	1-2 Min

## - Back Day

EXERCISE	SETS	Reps/Duration	Rest
Pull-Ups or Assisted Pull-ups	3	Till Failure	2-3 Min
Deadlift	3	8-12	3-4 Min
Bent-Over Rows	3	10-15	1-2 Min
Lat Pulldown	3	10-15	2-3 Min
Seated Cable Row	3	10-15	1-2 Min
Dumbbell Rows	3	10-15	1-2 Min

## - Biceps Day

EXERCISE	SETS	Reps/Duration	Rest
Barbell Bicep Curl	3	10-15	1-2 Min
Dumbbell Hammer Curls	3	8-12	1-2 Min
Preacher Curls	3	10-15	1-2 Min

Concentration Curls	3	10-15	1-2 Min
Incline Seated Curls	3	10-15	1-2 Min
Reverse Cable Curls	3	10-15	1-2 Min

## - Shoulder and Abs Day

EXERCISE	SETS	Reps/Duration	Rest
Barbell Shoulder Press	3-4	8-10	1-2 Min
Dumbbell Lateral Raise	3-4	10-12	1-2 Min
Rear Pec Deck Flyes	3	10-12	1-2 Min
Cable Face Pulls	3	10-15	1-2 Min
Plank	3	Failure	1-2 Min
Russian Twists	3	10-15	1-2 Min

## - Leg Day

EXERCISE	SETS	Reps/Duration	Rest
Barbell Squats	3	8-10	3-4 Min
Romanian Deadlift	3	8-12	2-3 Min
Leg Press	3	10-15	1-2 Min
Walking Lunges	3	20 Per Leg	2-3 Min
Calf Raise	3	Failure	1-2 Min
Leg Extension	3	10-12	1-2 Min

